

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/ff/hpfrifax.htm>

Friday FACTS

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22 August 2003

"Leadership, Partnership, and Championship"

Great American Smoke Out Day

The annual Great American Smoke Out Day is planned for Thursday November 20, 2003! What are your plans for this awareness, education and intervention event? For additional information contact the American Cancer Society at http://www.cancer.org/docroot/ped/ped_10_4.asp?sitearea+ped Or visit the NEHC Tobacco Home Page for resources and ideas of past successful Smoke Out activities <http://www-nehc.med.navy.mil/hp/tobacco>



National Center for Prevention

The Veterans Administration National Center for Health Promotion and Disease Prevention (VA NCHPDP) is the central source for prevention information, education, research, and recommendations for the Veterans Health Administration (VHA). VA NCHPDP serves VHA patients and employees by encouraging the adoption of healthy behaviors and by promoting the implementation of preventive health services. For additional information visit: <http://www.nchpdp.med.va.gov/Default.asp>



Depression Awareness Campaign

The National Institute of Mental Health has developed a national campaign to address the issue of depression in men. The focus is to encourage men to seek help, for friends and family to provide support, to reduce the stigma of help seeking, and to provide information and treatment options. The campaign materials (brochures, public service announcements) are available at <http://menanddepression.nimh.nih.gov> or via phone 866-227-6464.

Force Health Protection

Make sure everyone in your command knows what FHP means. This is one of the take home messages from the SG conference. Health Promotion Coordinators, please share these four points about FHP.

Force Health Protection

1. Create a Healthy and Fit Force

So that when we put a pair of muddy boots somewhere, the Sailor or Marine wearing them is physically, mentally and socially able to accomplish any mission our nation calls upon them to perform.

2. Deploy with them to protect

The battlefield is the "office place" of the warrior, who deserves the best possible protection from hazards that could prevent mission execution.

3. Restore health: deployed, and at home

If numbers 1 or 2 fail, we are with them to deliver world class care: treatment, stabilization, medical evacuation. At exactly the same time AND level of importance, we deliver care to the spouses and families at home.

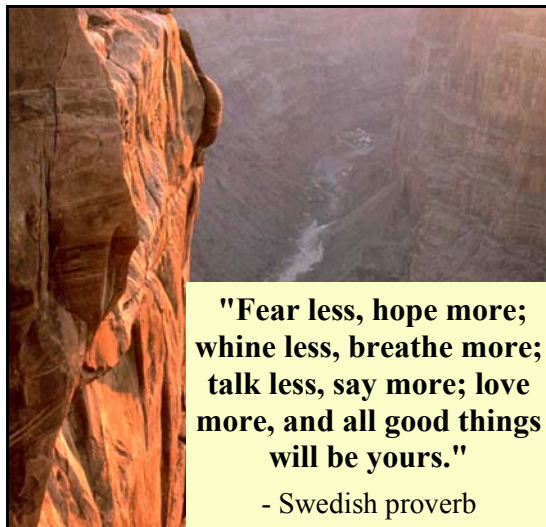
4. TRICARE for Life

We help a grateful nation thank its retired warriors by giving them and their families health care for life.



RESILIENCE

The American Psychological Association has developed resources to help people deal with life's difficulties. Resilience is a skill that can be learned and helps and enhances individuals ability to cope with illnesses, war, terror, losses and the ups and downs of daily living. This information is available at <http://www.helping.apa.org>



"Fear less, hope more;
whine less, breathe more;
talk less, say more; love
more, and all good things
will be yours."

- Swedish proverb